

Principles of Biomechanics vs Sport  
Text p231-234

*Principle #1*

**Stability of an athlete is dependent upon the athlete's Center of Mass (C of M)**

To increase stability an athlete can;

- Lower his/her C of M
- Create a larger base of support
- Center C of M within the Base of Support
- Increase Mass

Nov 23-7:16 AM

*Application of this Principle*

- Gymnastics - tripod for headstand
- Football- running back lowers his/her C of M while clearing the line of scrimmage
- Football- three point stance
- Cheerleading Base of the Pyramid
- Self Defense- properties of the *throws*
- Hockey -Hip-Check (Body Checking)

Nov 23-7:22 AM

*Assignment*

Create notes outlining each of the principles 2-6

Create 4 or 5 points of reference

5 applications to sport

(be clear and descriptive when outlining how each principle applies to various sports)

Nov 23-7:28 AM